## **HEMP**

## **How Can We Use It?**

https://archive.org/details/@for the brews







HEMP **Plastic** is **BIODEGRADABLE!**Returns to fiber in 73 Days

## **Nutrition**

Hemp is consumable in many different forms, including the following:1

Leaves

- Sprouts
- Flowers
- Seeds

- Oil
- Protein
- Flour

Leaves, sprouts, and flowers can be eaten raw in salads or blended into juices.